

Diabetes

Numbers to know...

The targets listed below are suggested by the National Institutes of Health and the American Diabetes Association. Talk to your health care provider about your ABC targets.

Tests	Target	How Often?
A1C (glucose average)	Below 7*	At least twice a year
Blood Pressure	Below 130/80	At every visit
Cholesterol (LDL)	Below 70	At least once a year

*An A1C of 7 equals an average blood glucose of 150.

Adapted from a brochure from the National Diabetes Education Program



Website: <http://diabetes.sd.gov>
1-800-738-2301

For more information, visit the National Diabetes Education Program at www.ndep.nih.gov on the Internet.

Heart Healthy South Dakota Chili

2 lb. ground turkey meat (24 oz. cooked)
1 1/2 c. chopped onion
1 c. chopped green pepper
3 cloves garlic, chopped
2 (28 oz.) cans low sodium tomatoes in puree (undrained), chopped
2 c. water
1 (6 oz.) can low sodium tomato paste
8 tsp. low sodium beef bouillon
2 Tbsp. chili powder
1 Tbsp. ground cumin
2 tsp. oregano leaves
2 tsp. sugar
1/2 c. dried lentils
2 cans kidney beans, drained and rinsed

In large kettle, brown turkey and pour off fat. Add onion, green pepper, and garlic. Cook and stir until tender. Add remaining ingredients. Cover. Bring to boil. Reduce heat and simmer for 1 1/2 hours. Serves 12.

Nutritional Information

Calories: 279 Sat. Fat (grams): 2.5 g
Total Fat: 10 g Cholesterol (mg): 62 mg
% Fat: 30 Sodium (mg): 159 mg

If you have
diabetes
you are at high risk for
**heart attack
& stroke.**

